

1. A therapeutic composition comprising: arnica, rosemary oil and emu oil.

3. A therapeutic composition as claimed in claim 1, wherein said composition further comprises an alcohol.

5. A therapeutic composition as claimed in claim 1, ~~wherein~~ said arnica is arnica montana.

7. A therapeutic composition as claimed in claim 5, wherein said *arnica montana* is present in the composition in the range from about 3% to about 35% by weight.

9. A therapeutic composition as claimed in claim 8, wherein said arnica montana is present in the composition to about 5% by weight.

11. A therapeutic composition as claimed in claim 10, wherein said rosemary oil is present in the composition to about 13% by weight.

13. A therapeutic composition as claimed in claim 12, wherein said emu oil is present in the composition to about 1.2% by weight.

14. A therapeutic composition as claimed in claim 2, wherein said eucalyptus oil is present in the composition in the range from about 0.4% to about 35% by weight.

15. A therapeutic composition as claimed in claim 14, wherein said eucalyptus oil is present in the composition in the range 0.7% by weight.

5 16. A therapeutic composition as claimed in claim 4, wherein said camphor is present in the composition in the range from about 2.6% to about 35% by weight.

17. A therapeutic composition as claimed in claim 16, wherein said camphor is present in the composition to about 3.8% by weight.

18. A therapeutic composition as claimed in claim 1, wherein said alcohol is ethanol.

10 19. A therapeutic composition as claimed in claim 18, wherein said ethanol is present in the composition in the range from about 3% to about 85% by weight.

20. A therapeutic composition as claimed in claim 19, wherein said ethanol is present in the composition to about 65% to about 68% by weight.

15 21. A therapeutic composition as claimed in claim 1, wherein said composition further comprises a fragrance.

22. A therapeutic composition as claimed in claim 1, wherein said composition is used by applying it to the skin and massaging the part applied.

23. A therapeutic composition as claimed in claim 1, wherein the formulation is a cream, gel, ointment, milk, lotion or solution.

20 24. A therapeutic composition as claimed in claim 1, wherein the formulation applied to the skin in a spray, tincture, or solution in an alcoholic solvent.

25. A method of preparing a therapeutic composition comprising the step of:

(a) mixing arnica, rosemary oil and emu oil.

25 26. A method of preparing a therapeutic composition as claimed in claim 25, wherein said arnica and rosemary oil are first mixed together for a predefined period.

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27. A method of preparing a therapeutic composition as claimed in claim 26, wherein after said predefined period has elapsed, the emu oil is mixed with said mixed arnica and rosemary oil.

28. A method of preparing a therapeutic composition as claimed in claim 26, wherein said predefined period is from about 8 to about 12 minutes.

29. A method of preparing a therapeutic composition as claimed in claim 27, wherein the emu oil is mixed with said mixed arnica and rosemary oil is mixed for a further 16 to 24 minutes after said predefined period has elapsed.

30. A method of preparing a therapeutic composition as claimed in claim 25, wherein said method further comprises the step of:

(b) mixing eucalyptus oil to said arnica, rosemary oil and emu oil mixture.

31. A method of preparing a therapeutic composition as claimed in claim 30, wherein said method further comprises the step of:

(c) mixing a fragrance to said mixture of step (b).

32. A method of preparing a therapeutic composition as claimed in claim 30, wherein said method further comprises the step of:

(d) mixing an alcohol to said mixture of step (b).

33. A method of preparing a therapeutic composition as claimed in claim 32, wherein said alcohol is ethanol.

34. A method of preparing a therapeutic composition as claimed in claim 32, wherein step (d) is performed for about 40 minutes.

35. A therapeutic composition comprising:

arnica in the range of about 3% to about 8% by weight;

rosemary oil in the range of about 3% to about 13% by weight;

emu oil in the range of about 3% to about 5% by weight; and

a carrier medium.

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37 A therapeutic composition as claimed in claim 36, wherein said alcohol is ethanol.

39. A therapeutic composition as claimed in claim 36, wherein said therapeutic composition further comprises camphor in the range of about 2.6% to about 8% by weight.

arnica in the range of about 3% to about 8% by weight;

emu oil in the range of about 3% to about 8% by weight;

eucalyptus oil in the range of about 3% to about 8% by weight;

camphor in the range of about 2.6% to about 3.4% by weight; and

ethanol in the range of about 72% to about 80% by weight.

41. A therapeutic composition as claimed in claim 40, further comprising a fragrance in the range of about 1.5% to about 3% by weight.

42. A method of treating a sports related pain or arthritic comprising the steps of applying to the skin where the pain affected area, a composition as claimed according to any one of claims 1 to 24 or claims 35 to 41.